

Ask the Calendar

I always put things off.
I leave things to the last minute and then regret it.
There are even times when I have something I need to do
and it's something I want to do
and as I'm about to see it through it seems like
anything else would do.

Because I am a procrastinator.
I put things off and say, I'll do it later.
I am my own manipulator.
Tricking myself that time is on my side when it's clearly not.
Because I am a time evaporator.

I put things off and say, I'll do it later.
I'm a distraction generator.
Finding anything and everything to do except that one thing.
I am an attention detonator.

I put things off and say, I'll do it later.
I need a focus investigator because I am a perpetrator
of crimes against productivity.

I am a panic operator.
I'll wait till the last minute until fear gets things done.
But what if there is no last minute?
No deadlines to make us panic.
Then what?

We will just continue forward forever
where we'd sit distracted by leisure.
Chasing goals we will never treasure.
But we are all procrastinators.

How did we end up in Procrastination?

Procrasti-Nation

Is a "state" of mind where you're afraid of work
You live on unemployment benefits; you eat junk food all day and you don't even bother
Leaving the couch. Unfortunately, it doesn't live such a short life
It's a place where time seems to freeze and then pass by the days
It's a drug, just using it the first time will get you addicted, and it never goes away

How do you deal with this demon?

Number one you'll have to follow through
Don't get controlled by your desires stay true
It's psychology, it's an unconscious process
Maintain good habits, 21 days and you'll be back on track
Set an alarm, 30 minutes pomodoro, basilico, tomato potato whatever, you've seen that
Those self-help books you've read a ton
All turned out to be how to "Succeed at life, read this and you've already won"
They just cook the same stuff, reheat leftovers and bam you have a best seller
'Cause we all know the answer, but who doesn't want to know the full answer
We're caught between explore and exploit, and we always choose the former
Wow did I just start a list, I can't even remember,
That's a lot of words for the first point, Guess I'll finish when I'm not tired,
A good night's sleep and I'll reset, refresh, recompress, let's ask the calendar...

It's nothing more than a rigged question
you see, you know it yourself
you understand the implications
you know the answer
and lack the motivation
it still messes you up
those cravings and sensations
are always priority
leaving you to deal with
this empty bundle of emotions

It's just like a loaded gun
Without a trigger build in
Launching an arrow
But the bowstring is broken
You think it's all psychology, that it's an unconscious process
But you know it better than anyone, you've tried hard before
There's no rehab for procrastination, they haven't opened up
Yet, it's made-up anxiety, enough willpower and those days of struggle would be gone for
Good? Till the next time, next morning, next couple of minutes, next item on the list,
You'll have to channel the same amount of focus
Energy, attention
Try to meet the same threshold
Standard and suspension
That seems like a lot of work though.
Guess I'll finish when I'm not tired
A good night's sleep and I'll reset, refresh, recompress, let's ask the calendar, shall we?